



Playing in College  
General Information


**IF YOU THINK  
YOU CAN, YOU CAN  
AND IF YOU THINK  
YOU CAN'T,  
YOU'RE RIGHT.  
SO BELIEVE IN YOURSELF.**

# Myth vs Truth

- ▶ **Colleges recruit me**
  - ▶ Most players recruit the school.
- ▶ **Walk-on players never get anywhere**
  - ▶ Walk-on players make college teams all the time, and are eligible for athletic scholarships. Athletic scholarships are only good for 1 year and can be renewed to athletes in good standing, as well as offered to other teammates.
- ▶ **College coaches want to hear from soccer coaches and parents.**
  - ▶ Coaches are recruiting the players. The players drive this entire process.



# What levels of play are there for Soccer?

<p>National Collegiate Athletic Association (Division I, II &amp; III)</p> <p>NCAA</p> 	<p>National Association of Intercollegiate Athletics</p> <p>NAIA</p> 	<p>National Junior College Athletic Association (Division I &amp; III)</p> <p>NJCAA (NWAC)</p> 	<p>National Christian College Athletic Association (Division I &amp; II)</p> <p>NCCAA</p> 
<p>Club</p>			
<p>Intermural</p>			

# Soccer Scholarships

Division	Women's Soccer			Men's Soccer		
	Programs	Scholarships	Ave.Roster size	Programs	Scholarships	Ave.Roster size
NCAA D1	322	14	28	205	9.9	29
NCAA D2	265	9	27	214	9	31
NCAA D3	441	-	25	415	-	29
NAIA	223	12	25	188	12	30
NJCAA	181	18	19	217	18	19



# FAFSA

<https://fafsa.ed.gov/>

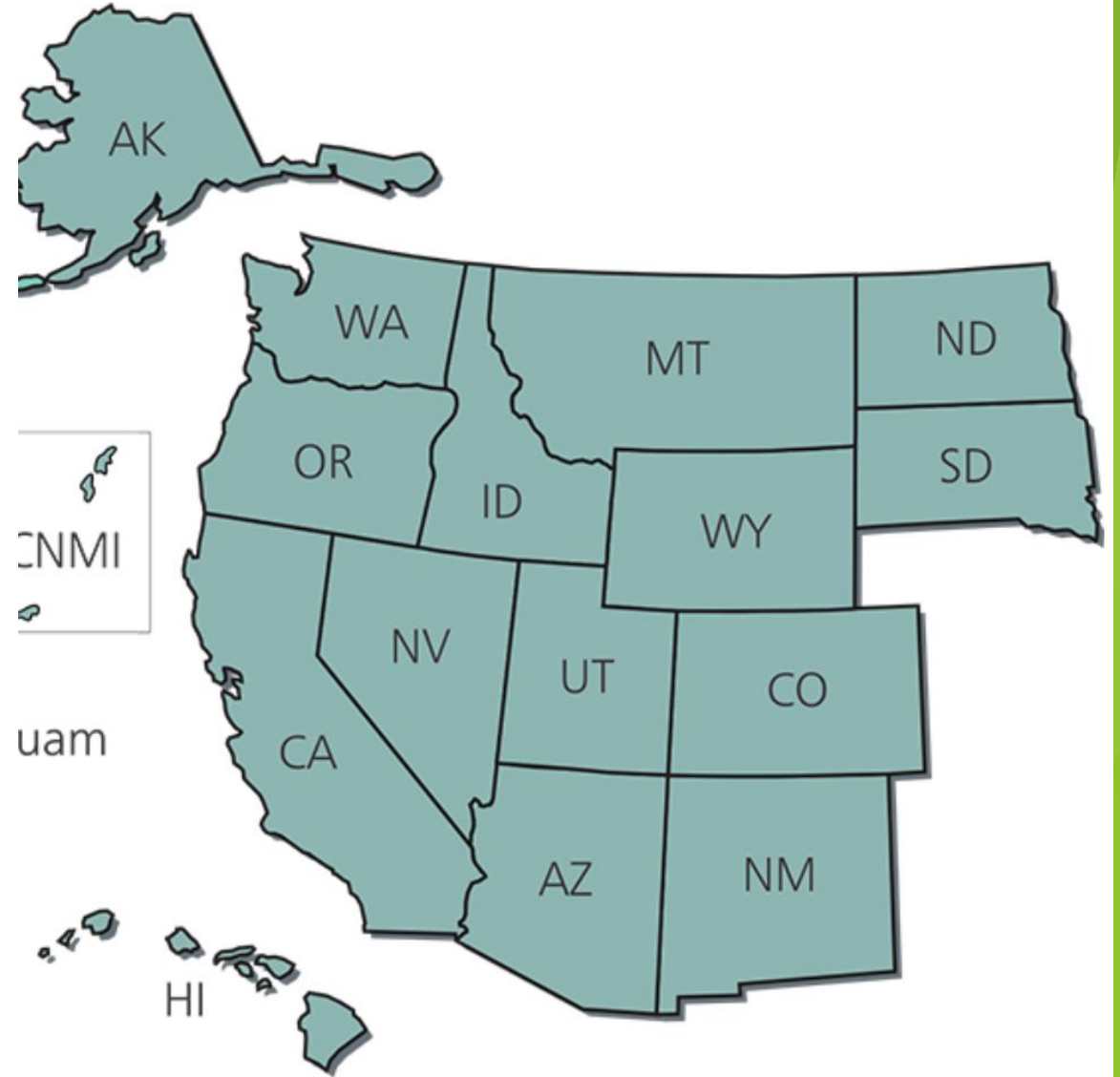
- ▶ **FAFSA**, the *Free Application for Federal Student Aid*, is necessary to be considered for federal grants, loans and work-study funds administered by the U.S. Department of Education.
- ▶ A way for the government to calculate how much your family is expected to be able to contribute to your college fees every year (strangely enough, this is called your **EFC** – *Expected Family Contribution*).
- ▶ Needed for *ANY* Scholarship
- ▶ Submit by Oct 1 of Senior Year.
- ▶ Talk to your HS counselor for details.



# WUE

<http://wiche.edu/wue>

- ▶ WUE (pronounced “woo-wee”) is the Western Undergraduate Exchange, and it is coordinated by WICHE.
- ▶ If college participates, then programs saves on out-of-state tuition.
- ▶ WUE is not a short-term exchange. It is meant to be used for a full degree.



# GRADES!

Get them up and keep them up.

Not only for possible Academic scholarship but it broadens your list of potential schools. You are going to their college as a student first. Shows you can BE a student.



# What to do - Freshman year

1. Keep your grades up!
2. Compile a list 20-30 possible colleges or universities that meet your interests. Research their academic and athletic programs.
3. Take the Aspire or PSAT test (offered by most schools for free)
4. Create a Player Profile.
5. Create your High School courses plan, keeping in mind college requirements and GPA.
6. Be of good character. Watch what you post on social media, and what other might tag you in. It IS taken into consideration by coaches.
7. Securing a job for the summer speaks volumes about your ability to manage your time, manage your finances, take on responsibility, and even multi-task.
8. Keep a record of Athletic & Academic achievements.
9. Tryout for EPD (Elite Player Development program thru WA Youth Soccer)
10. Volunteer





Think | Discuss | think some more |  
discuss some more

## Personal Needs

What do you like to do in your free time?  
How far away do you want to be from your family?  
Student life  
Resident vs Commuter  
Expense  
Climate

## Academic Needs

What do you think you want to study?  
How competitive is academic area of interest?  
Would I stay as student if I stopped being an athlete?  
What tests do they require for admission?

## Athletic Needs

Be honest with yourself  
Playing time  
Level of play  
Coaching style  
Report with players  
Read thru articles of soccer program, or watch online



# What to do - Sophomore year

1. **Keep your grades up!**
2. Begin to narrow your list of possible colleges or universities to 10-15.  
Research
3. Take the Aspire or PSAT test (if didn't take Freshman year)
4. Contact coaches. (Coach cannot contact you nor reply yet, other than general school/program info & ID camp dates, until after June 15 of soph. year)
5. If considering NCAA school, review NCAA Clearinghouse eligibility requirements. Register with NCAA
6. Select junior year courses to fulfill requirements.
7. Keep a record of Athletic & Academic achievements.
8. Tryout for EPD
9. Have someone take video of you in games, to compile into promo video.
10. Always be a Pro! Consider your actions on social media, during soccer games, and interactions with public.



# Emailing a coach

- ▶ Subject line
  - ▶ Your full name
  - ▶ Your graduation year (i.e. c/o 2021)
  - ▶ Subject of email (i.e. Tournament game schedule)
- ▶ Who are you contacting?
  - ▶ Research each school and each coach
  - ▶ Personalize your letters with specific details of the program that you like, or that seem interesting to you.
- ▶ What is the purpose of the email?
  - ▶ Be clear about the point you want to make, and be sure you're explicitly saying it
  - ▶ Introduce yourself as a potential player for their school, including recent athletic achievements
  - ▶ Ask about upcoming ID Camps (check if posted on website first!)
  - ▶ Affirm your interest in the program. Be persistent if it is where you want to go!
- ▶ How will you keep Track of the coaches you contacted?
  - ▶ Contact ALL coaches on your list
  - ▶ Spreadsheet? Notebook? What works for you!



# Emailing a coach

- ▶ Include with every email, every time (Top? Bottom? Up to you)
  - ▶ Full Name
  - ▶ Grad year
  - ▶ GPA
  - ▶ High School
  - ▶ Position
  - ▶ Player #
  - ▶ Link to online profile (if applicable)
- ▶ Things to consider:
  - ▶ Do not send “bulk” emails. Copy/paste is easy to sniff out and will be deleted.
  - ▶ If using a recruiting company, do not have them send emailed on your behalf. Most immediately deleted.
  - ▶ Emails from personal accounts carry more weight then from private accounts on recruiting sites (i.e. CaptainU)



**Hey,**

**I really want to run track at your school. I'm a sprinter and I won my heat at last week's meet. I love running and I would be a great addition to your team.**

**I don't really know what I want to do in college, but I know your school is the one for me.**

**I would love to meet you and talk about being a part of your team.**

**Jimmy**



Dear Coach Lundquist,

My name is Jimmy Brown from Champaign, Illinois and I'm a Class of 2016 student in Champaign High School. I am writing to you because of my interest in running track at Sampleton University. I have been a varsity athlete on my high school's indoor and outdoor teams since freshman year and contributed to a 4x200 squad that replaced a school record that had stood for 10 years.

Just to tell you a little more about myself. I primarily run the 100 and 200. I placed sixth in the state in the 200 at states last season. Outside of track, I'm on the school debate team.

As a student, I am really interested in math. I currently have a 2.9 GPA and scored 1760 on the SAT. I'm not sure what I want to do at the end of college, but I know Sampleton University has really interesting programs in math and physics.

I've included a link to my NCSA Athletic Recruiting page for you to see my highlight videos and my athletic and academic information.

I'd love to meet you and talk about the possibility of becoming part of your team in 2016. If there is anything I can do to help you decide whether I might be a good fit, please don't hesitate to ask. I'll follow up with you soon by phone and hope I can answer any of your questions then.

Thank you very much for your time. I hope to hear from you, and will contact you by phone very soon.

Sincerely,

Jimmy Brown



# What to do - Junior Year

1. **Keep your grades up!**
2. Narrow your college list 8-10 and engage in regular correspondence with the coach. (every 3-4 weeks)
  - a) Send coaches updated resume and player profile, send dates of tournaments and league games.
  - b) Organize a filing system on colleges that respond to your inquiry and indicate interest. You will need names and phones numbers of coaches and also when they indicated interest.
3. **Contact the coaches**
  - a) Use a list of all the colleges/universities you have been in contact with and rank them in order starting with your favorite school (based on what you know at this point) down to your least favorite school.
  - b) Start by calling the coach at your least favorite school. You will probably be nervous when you talk to this coach however, by talking to a coach at your least favorite college/university, you will gain confidence for when you contact the coaches who are higher on your priority list.
  - c) Most likely, if you are calling a coach, you will get his or her voicemail. Practice leaving a message beforehand. You can even call yourself and leave a practice voicemail on your cell phone.
  - d) If you do get in touch with a coach, make sure you take notes on the conversation.
  - e) Also, keep a list of your top five questions to ask and make sure that these questions cannot be answered by looking on the Web site.
4. **Play in College Showcase tournaments, summer tournaments or participate in ODP events.**
  - a) Attend any recruitment seminars at these tournaments. Also attend College Fairs and register your sport with each college.
5. Consider attending the ID camp of a school of interest, or one which has a lot of college coaches on staff.
6. Make unofficial visits (at your expense) to selected schools. Meet with the coach and see the team play, if possible.
7. Take the SAT or ACT tests. Make sure scores are sent to your schools of interest.
8. Check your status with the NCAA Clearinghouse.
9. Select senior year courses to complete Clearinghouse requirements.
10. Stay in touch with your career counselor.



# What questions can you ask?

## About Athletics?

- ▶ What positions will open on your team for <your graduation year>?
- ▶ Will I be redshirted my freshman year?
- ▶ What are your training and conditioning expectations?
- ▶ What is your coaching style?
- ▶ How long do you plan to remain as the coach?
- ▶ What are preferred, invited and uninvited walk-on situations?
- ▶ How many students receive scholarships?
- ▶ Does the college provide the insurance or must I purchase it?
- ▶ What is the cost of the insurance?
- ▶ If I am injured while competing, who is responsible for my medical expenses?
- ▶ What happens if I transfer to another school?

## About Academics?

- ▶ Ask about the major program you are interested in? How good is the Department?
- ▶ What percentage of players on scholarship graduate?
- ▶ What is your APR? (Academic Progress Rate?)
- ▶ Do you have academic programs that support your athletes?
- ▶ If you have a diagnosed and documented disability (i.e. ADHD, ADD, etc), what kind of academic services are available?
- ▶ Are there restrictions in scheduling classes around practice?
- ▶ How many credit hours can you take in season and out of season?
- ▶ Is summer school available? If I need to take summer school, will it be paid for by the College?

## About College Life?

- ▶ What is a typical day for a student-athlete?
- ▶ What are the dorms or housing options?
- ▶ What are they residence halls like?
- ▶ How many students are there in a room?
- ▶ Do I have to room with another soccer player or is my roommate a non-athlete?
- ▶ Can I pick my roommate?
- ▶ Do student-athletes have to live on campus? Are there any exceptions?

## About Financial Aid?

- ▶ How much financial aid is available for both the academic year and summer school?
- ▶ What does your scholarship cover?
- ▶ How long will the scholarship last?
- ▶ Can I work while playing sports?
- ▶ What kinds of employment opportunities are available to me?
- ▶ Can I be employed in-season, out-of-season or during vacation periods?
- ▶ What is not covered by the scholarship?
- ▶ How do I find out whether I am eligible for financial aid? Are there any restrictions?
- ▶ Do I have to maintain a certain GPA to keep my academic scholarship?
- ▶ Under what circumstances can my scholarship be canceled or reduced?

**Great first impression & leave a lasting impression:** Be prepared, know school, and have questions at the ready. Player leads all conversations with coaches, be open and honest, use eye contact, introduce your parents, firm handshake, smile! Parents, time to let your child shine!





# What questions can you ask?

1	2	3	4	5	6	7
Research universities	Make a list	Contact the coach	Visit the university	Follow up	Rank the visits	Stay in contact with the coach

## Financial Aid - continued

- Does the school have a policy governing the renewal of athletics aid?
- What scholarship money is available after eligibility is exhausted to help complete your degree?
- What scholarship money is available if you suffer an athletic career-ending injury?
- Will my scholarship be maintained if there is a change in coaches?

## What questions could you ask teammates?

- How many hours a day will athletics keep me from my studies?
- Does the coach discourage you from taking classes in your major that may conflict with practice?
- What percentage of athletes will graduate in four years? Five years?
- Is free tutoring available? How do I arrange for it?
- Do you like the coach?
- Do you like the size of the town? Is the town affordable?
- What is the composition of the team?
- Does the coach have a “B” team?
- Does the coach take all players that show up or do they also cut players?
- How many classes will I miss due to athletic commitments? Can I make up tests or work before absences?
- How much does the team travel?
- How many hours a day do you study?

**Great first impression & leave a lasting impression:** Be prepared, know school, and have questions at the ready. Player leads all conversations with coaches, be open and honest, use eye contact, introduce your parents, firm handshake, smile! Parents, time to let your child shine!



# Red flags for coaches

- ▶ Emails (or packages) that clearly are put together by the parents
- ▶ Interaction with teammates
- ▶ Interaction with parents
- ▶ Social Media usage

## Penn State



**Herb Hand**  
@CoachHand

Dropped another prospect this AM due to his social media presence...Actually glad I got to see the 'real' person before we offered him.

## Duke



**Derek Jones** @dukecoachdj · 14h

Our jobs depend on the young men that we recruit. Your social media pages say a lot about your character, discipline & common sense. #Ap2w

## SMU



**Coach Justin Stepp** @coachjstepp · Jan 8

Came across an awful Twitter account today. Shame the kid was a really good player...On to the next one...get a clue!



# What to do - Senior Year

As of July 1, you can now talk on the phone with a coach. If you are a top level player, expect some phone calls. If not, call the coach yourself. A letter followed by a call shows interest in the program. Only one call per week is allowed.

1. **Don't let down in your class work. Finish strong.**
2. Check status with the NCAA Clearinghouse.
3. Narrow your search to 5 schools. Know their Admission deadlines. Write Essay for academic scholarship.
4. Complete or update FAFSA form.
5. Respond immediately to any interest shown by colleges.
6. Schedule and complete official visits (at schools expense). Meet with the coach and the team and stay overnight if possible, see the team play.
7. Stay in touch with your high school counselor.
8. Narrow down your choices and get your applications done early.
9. Keep coaches updated on your achievements by sending them your resume through the fall and play in high level events in November and December. Coaches can offer scholarship after Aug 1)
10. Provide your coach and counselor with your interest college list. Discuss college interest with your coach and counselor.
11. Make a decision!
12. Apply for SnVYSA player and/or Referee Scholarship!!!



# — 21 Ways to be a — GREAT TEAMMATE

- 1 Sweat More
- 2 Remember WD > WS (Well done is better than well said)
- 3 Choose to be humble and hungry
- 4 Pursue excellence
- 5 Share positive contagious energy
- 6 Don't complain
- 7 Do it for your team, not for applause
- 8 Show you are committed
- 9 Never take a play off
- 10 Hold yourself and your team accountable
- 11 Treat everyone with respect and expect everyone to do the same
- 12 Give all and take nothing
- 13 Communicate
- 14 Connect
- 15 Become a "come with me" teammate
- 16 Practice selfless compassion
- 17 Show you care
- 18 Be a loyal friend
- 19 Love your team
- 20 Sacrifice
- 21 Leave the place better than you found it



The Hard Hat | A true story about how to be a great teammate.

HardHat21.com


# 10 THINGS THAT REQUIRE ZERO TALENT

1. BEING ON TIME
2. WORK ETHIC
3. EFFORT
4. BODY LANGUAGE
5. ENERGY
6. ATTITUDE
7. PASSION
8. BEING COACHABLE
9. DOING EXTRA
10. BEING PREPARED

## 10 Ways to increase your Talent

1. Be on time.
2. Have a strong work ethic
3. Give maximum effort.
4. Practice Good body language.
5. Be enthusiastic.
6. Have a good Attitude.
7. Be Passionate.
8. Be Coachable.
9. Do more than required
10. Be Prepared.

@JAMESLEATH

A black and white close-up portrait of John Wooden, an elderly man with a gentle smile, looking slightly to the right. He is wearing a dark suit jacket and a white shirt. The background is dark.

"The true test of a man's character is what he does when no one is watching."  
- John Wooden

WHEN **NOBODY** WAS LOOKING